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DONATED CRACKED WHEAT BULGUR

a good choice for the thrifty family



AN ENERGY FOOD

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CURRENT SERIAL RECORDS

Bulgur is wheat that has been cooked, dried and cracked. It has been eaten since Biblical days



Cracked Wheat Bulgur cooks quickly. It has a nut-like favor

Use Bulgur-

- As a hot Cereal
- As a 'Side dish' with meat and fish.
- In a Casserole with hamburger and tomatoes
- In Meat Loaf



In Desserts



Old Fashioned Baked
Pudding with Raisins

Cooked Bulgur

2 cups water
½ teaspoon salt

1 cup bulgur

Heat water to boiling. Add salt and stir in bulgur. Cover and cook over very low heat for 20 minutes. Do not remove cover while cooking. Makes about 3 cups cooked bulgur.

Chili Bulgur

½ large onion
2 teaspoons salt
1 pound ground beef

1 can tomatoes (1-pound can)
1 tablespoon chili powder
3 cups cooked bulgur

Chop onion. Sprinkle salt in heated fry pan. Crumble ground beef into pan. Add chopped onion and stir with fork until meat is brown. Add tomatoes, chili powder and cooked bulgur. Cover and cook over low heat for 20 to 25 minutes. Makes 6 servings.

Old Fashioned Bulgur Raisin Pudding

2 cups cooked bulgur
3 cups milk
¼ cup sugar
½ teaspoon salt

½ cup raisins
1 teaspoon vanilla
½ teaspoon cinnamon
or nutmeg, if you like

Mix all ingredients in a baking dish. Cover and bake at 325° F (slow oven) for 45 minutes. Remove cover, stir and continue baking uncovered for 45 minutes or until browned. Makes 6 servings.

Other ways to serve bulgur:

Add to soups, stews and vegetables.

As a cereal with milk and sugar.

Serve fresh or canned fruit on hot or cold cooked bulgur.

Add cut-up cheese to cooked bulgur.

Add dried fruit, such as raisins, to bulgur as it is cooking.